



PEACH NEAPOLITAN WAFFLE SANDWICH POPS

High-Protein / Keto-Friendly / Low-Carb / Gluten-Free

Recipe by Maria Fernanda López (purelyhealthyliving.net)
and featured on MariGoldFoods.com

*"These are seriously INSANE! I'm proud of this creation, seriously!
These are Gluten Free & Low Carb and GOOD!"*

- Maria Fernanda López

INGREDIENTS:

For the Waffles

- 1/4 cup of almond flour
- 4 eggs
- 1 scoop of MariGold Grass-Fed Collagen Peptides - Unflavored
- 1/2 tsp of cinnamon
- 1 tsp of vanilla Extract
- 2 tbsp of MariGold Creamy Vanilla Whey Isolate Protein Powder

Filling

- 1 cup of greek yogurt
- 1/2 cup of frozen peaches
- 2 tbsp of monk fruit
- 4 tbsp of Almond Butter

Coating

- 1 cup of greek yogurt
- 2 tbsp of monk fruit

DIRECTIONS:

1. Preheat the your waffle maker. Mix the ingredients for the waffles.
2. Pour about 1/4 cup of the batter into the waffle maker and cook for 4-5 minutes. Let them cool down.
3. Make three waffles with the vanilla mix and once you made those three add one scoop of the grass-fed chocolate whey, mix well and cook the rest of the waffles.
4. In a little bowl mix the greek yogurt, with a touch of monk fruit.
5. Top two of the waffles with the greek yogurt mix, add the peaches, add the stick yo create the popsicles and top with the other half of the waffles. Freeze for a couple of hours.
6. Mix the ingredients for the coating and once the waffles are hard enough, cover them with the coating mix of greek yogurt and freeze again. Add your toppings and enjoy!



Featuring MariGold
Creamy Vanilla Whey Isolate
& Grass-Fed Collagen Peptides
(MariGoldFoods.com)

